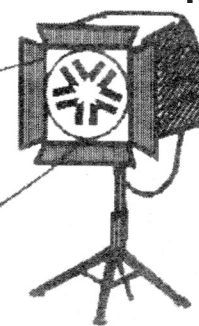


DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XVIII, ISSUE 11

A newsletter for D.C. Seniors

November 2003

## EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

The month of November is being observed as National Family Caregivers Month. The theme for this month is "Creating Communities of Care." This observance is in honor of the many formal and informal caregivers who assist seniors in remaining in their homes. I always say that caregivers are the backbone of the health-care system because they reduce the number of seniors who require institutionalization by aiding them as they remain in their homes.

We united caregivers and our oldest residents at the recent Seventeenth Annual Salute to Centenarians. We had a great event and learned from these persons, who are rich with wisdom and longevity. Some of their stories are remarkable. Look at the photos of the event on these pages as we show you some of the District's living treasures.

Also in this issue, find out all of the services that the Office on Aging provides to District caregivers, including the D.C. Caregivers' Institute, which is new to our network. We are very proud of this new tool provided to assist persons who live in — and are caring for elder residents of — the District of Columbia.

Also this month, we are sponsoring the National Family Caregivers Month Information Fair on Thursday, November 6 from 10 a.m. to 3 p.m. at One Judiciary Square, 441 Fourth St., N.W. Come to the main lobby and auditorium to meet our service providers and find out first hand what services can help you care for an older adult. Caregiving can become overwhelming, and we can help you get the relief you need.

For more information, call the Office on Aging at 202-724-5626.

## It's Not Too Late to Get Your Flu Shot!

You can still get flu shots at the following locations throughout the city. If these are not convenient, please call your primary care provider for assistance.

The Centers for Disease Control (CDC) is making a big push to ensure that everyone gets a shot this year. For more information, call your doctor or the D.C. Department of Health at 202-576-7130. Shots are free for those who show their Medicare card.

### Department of Health Flu Clinic Schedule

**November 5, 1 p.m.,** Delta Towers, 1400 Florida Ave., N.E.,  
202-398-1303

**November 6, 10 a.m.,** Parkside Paradise, 3517 Jay Street, N.E.,  
202-397-7300

**November 12, 10 a.m.,** Barney Neighborhood House, 604 Kennedy Street, N.W.,  
202-939-9020

**November 13, 10 a.m.,** East of the River, 3732 Minnesota Ave., N.E.

**November 13 1 p.m.,** Central Union Mission, 1350 R Street, N.W.,  
202-745-7118

**November 14 8:30 a.m.,** St. Margaret's Church, 1830 Connecticut Ave., N.W.,  
202-232-3066

### Safeway and Giant Stores

**November 3, 10 a.m. to 2 p.m.,** Safeway, 514 Rhode Island Ave., N.E.

**November 4, 10 a.m. to 2 p.m.,** Safeway, 1800 20th St., N.W.

**November 4, 2 to 8 p.m.,** Giant, 3400 Wisconsin Ave., N.W.

**November 7, 10 a.m. to 2 p.m.,** Safeway, 1747 Columbia Rd., N.W.

**November 7, 3 to 7 p.m.,** Safeway, 415 14th St., S.E.

**November 8, 10 a.m. to 2 p.m.,** Safeway, 1747 Columbia Rd, N.W.

**November 12, 10 a.m. to 2 p.m.,** Safeway, 1601 Maryland Ave., N.E.

**November 12 and 14, noon to 6 p.m.,** Giant, 3400 Connecticut Ave., N.W.

**November 14, noon to 6 p.m.,** Giant, 4303 Connecticut Ave., N.W.

**November 15, 10 a.m. to 2 p.m.,** Safeway, 3830 Georgia Ave., N.W.

## CAREGIVER INFORMATION FAIR

Do you feel overwhelmed caring for a District senior? Are you juggling the demands of work and personal life? Do you know where to get answers?

The Office on Aging will present the National Family Caregivers

Month Information Fair on Thursday, November 6 from 10 a.m. to 3 p.m. in the lobby and auditorium of One Judiciary Square, 441 Fourth Street, N.W.

The purpose of the Information

Fair is to provide employees, caregivers and visitors with information on a variety of services and resources available to assist older persons. For more information, call 202-724-5626.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR



## D.C. OFFICE ON AGING NEWSLETTER

# Salute to Centenarians

**The Seventeenth Annual Salute to District of Columbia Centenarians honored 16 centenarians. Families and friends were also in attendance at the event presented by the Office on Aging, the Historical Society of Washington and the United Planning Organization.**

**New centenarians received a medallion to commemorate their 100 years of life, while returning centenarians received certificates and buttons.**



Ms. Senior D.C. Ellen Van Edwards (center) visits with centenarian Howard Mitchell and Daisy Savage (left), Ms. Senior D.C. 2002, and Thelma Morgan, Ms. Senior D.C. 1999.



The oldest centenarian present, Henrietta Davis, 103, poses in front of the cake with her family and Virginia Hayes Williams.



Potomac River Rascals entertained the centenarians and their families.



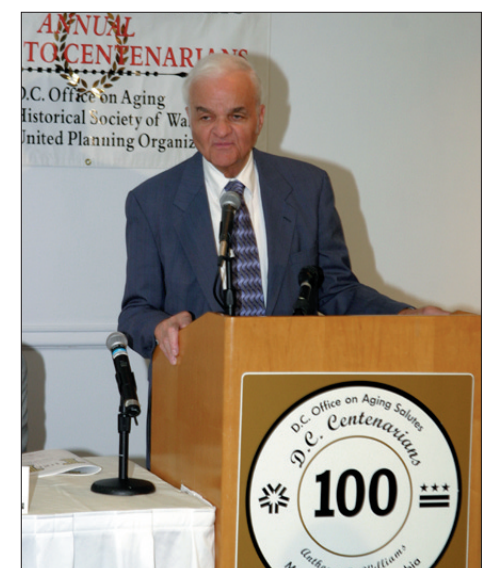
Father James Martin poses with E. Veronica Pace, Executive Director of the D.C. Office on Aging.



Mayor Williams addresses the District's oldest residents.



Father James Martin, 101, is serenaded by Virginia Hayes Williams.



Jim Banks, Board Member, Historical Society of Washington.



D.C. OFFICE ON AGING NEWSLETTER



Lillian Powell, 102



Martha Merritt, 100



Walter Ruth, 101



Viola Bullock, 100



Minnie Thomas, 100



Rosa Fryes, 101



Henrietta Davis, 103



Mary Rikard, 101



Luretha Holland, 100



Amanda Lewis, 100



Louisa Espinosa, 100



Robert Thompson, 102



Howard Mitchell, 100



Della Williams, 102



Eddie Williams, 103



Father James Martin, 101

SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents.

Advertising contained in the Senior Beacon is not endorsed by the D.C. Office on Aging or by the publisher.

441 4th St., N.W., 9th Floor, Washington, D.C. 20001  
202-724-5622 • [www.dcoa.dc.gov](http://www.dcoa.dc.gov)

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Darlene Nowlin, **Editor**  
Adrian R. Reed, **Photographer**

The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.



D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

November events

**5th • 1 p.m.**  
Senior Citizens Counseling and Delivery Service will host a talk on fire safety. The holidays are approaching, and with them comes a number of fire hazards that can be avoided. Come to the center at 2451 Good Hope Rd., S.E., and learn about ways that you can keep your family and your home safe. For details on this free event, call 202-678-2800.

**6th • 8 a.m. to 7 p.m.**  
Utility Discount Day will be held at the new Washington Convention Center, 801 Mount Vernon Place, N.W. With one application through the D.C. Energy Office, persons may be eligible for discounts from Washington Gas, PEPCO, DCWASA and Verizon. You must bring proof of household income; ID; Social Security Card; recent lease or rent receipt if your heat is included in your rent; and recent utility bills for electric, gas, telephone and water. Income requirements apply. For more information, call 202-673-6750.

**6th • 9:45 to 11:45 a.m.**  
Join The Greater Washington Urban League, Division of Aging Services, for “Lift Every Voice: Diabetes Education Seminar” at the Ft. Lincoln III, Senior Nutrition program. For further information and directions,

contact Tia Carter or Vivian Grayton, 202-529-8701.

**6th • 10 a.m. to 3 p.m.**  
The D.C. Office on Aging will present the National Family Caregivers Month Information Fair in the main lobby and auditorium of One Judiciary Square, 441 Fourth Street, N.W. Find out what services are available for caregivers of the elderly. For more information, call 202-724-5626.

**7th • 9 a.m. to 5 p.m.**  
Join the Columbia Senior Center as they go to Charles Town Races and Slots. The donation is \$20; receive \$5 back if you register in advance by calling Monica Carroll at 202-328-3720, ext. 11. This event’s bus will leave the center at 1250 Taylor St., N.W.

**7th • 10:30 a.m. to 12:30 p.m.**  
The EOFULA Spanish Senior Center will take off to the Air and Space Museum. See our history of aircraft and outer space at this wonderful museum during this free trip. For details, call 202-483-5800. The center is located at 1842 Calvert St., N.W.

**8th**  
The Greater Washington Urban League invites you to go to Atlantic City with them. Call Vivian Grayton at 202-529-8701 for further information and details or to purchase your tickets.

**20th**  
The Greater Washington Urban League presents its 18th Annual Thanksgiving and Volunteer Luncheon at the D.C. Armory. Call Vivian Grayton to make reservations at 202-529-8701.

**20th • 10 a.m. to 2 p.m.**  
The D.C. Office of the People’s Counsel and the Model Cities Senior Wellness Center present the Fall Energy Expo and Consumer Choice Workshop, at 1901 Evarts St., N.E. There will be hands-on workshops and demonstrations to make your home more energy efficient. Contact OPC Consumer Services Division at 202-727-3071 to register.

**24th • 10:30 a.m. to 12:30 p.m.**  
Free Flu Shots with your Medicare care and I.D. at the Model Cities Senior Wellness Center in partnership with Providence Hospital. The center is located at 1901 Evarts Street, N.E. You can call 202-635-1900 with questions.

**December event**  
**10th • 11 a.m. to 3 p.m.**  
Join in the D.C. Office on Aging’s Annual Senior Citizens Holiday Celebration. Call 202-724-5626 for tickets.

Guide to Services for Caregivers  
Provided by the D.C. Office on Aging

**GERIATRIC CASE ASSESSMENT/  
CASE MANAGEMENT  
PROJECTS**  
These programs focus on the frail/vulnerable elderly by linking them with needed services at the appropriate time in the least restrictive setting in order to postpone, or in some cases eliminate, the need for institutionalization. There are five sites:

**Barney Neighborhood Senior Program**  
504 Kennedy Street, N.W.  
Washington, D.C. 20011  
202-939-9020

**Family and Child Services of  
Washington, D.C., Inc.**  
929 L Street, N.W.,  
Washington, D.C. 20001  
Service Area: Citywide  
Contact: Project Director,  
202-289-1510, ext. 180

**IONA Senior Services**  
4125 Albemarle Street, N.W.  
Washington, D.C. 20016  
Service Area: Wards 1 (*Kalorama Heights*), 2 (*Foggy Bottom and Dupont Circle Areas*), and 3  
202-895-0234

**George Washington University**  
1933 F Street, N.W., Washington, D.C. 20037  
Service Area: 3-mile radius of GWU and upper part of Ward 3  
202-994-7773

**Greater Washington Urban League**  
2900 Newton Street, N.E., First Floor  
Washington, D.C. 20018  
Service Area: Wards 2 and 5  
202-529-8701

**UPO/Project KEEN Comprehensive  
Assessment and Case Management**  
R. Waldo “Petey” Greene Community Center  
1649 Good Hope Road, S.E.  
Washington, D.C. 20020  
Service Area: Wards 6, 7 and 8  
202-610-0466

**UPO Senior Services**  
1508 East Capitol Street, N.E.,  
Washington, D.C. 20002  
202-547-0569

**DAY CARE**  
Day care programs provide personal care for dependent individuals at risk of institutionalization. Services may include medical, social, therapeutic, and recreational support in a supervised setting. Meals and transportation are provided.

**Washington Center for Aging Services**  
Center Care Day Treatment Program  
2601 18th Street, N.E., Washington, D.C. 20018  
202-541-6150, Fax: 202-526-7982

**Downtown Cluster’s Geriatric Day Care Center**  
900 Massachusetts Avenue, N.W.  
Washington, D.C. 20001  
202-347-7527, Fax: 202-347-6983

**IONA Senior Services Day Health Center Program**  
Isabella Breckinridge Center  
4125 Albemarle St., N.W.  
Washington, D.C. 20016  
202-895-0238, Fax: 202-362-5232

**Senior Citizens Counseling & Delivery Service**  
Geriatric and Alzheimer Adult Day Care Center  
2B #4 D.C. Village Lane, S.W.  
Washington, D.C. 20032  
202-645-4348, Fax: 202-561-4156

**Zion Baptist Church**  
Genevieve N. Johnson Senior Day Care Program  
4817 Blagden Avenue, N.W.  
Washington, D.C. 20011  
202-723-8537

**IN-HOME & COMMUNITY-  
BASED RESPITE SERVICES**  
Healthcare services are provided to help seniors in the community maintain their independence and avoid premature institutionalization. This is achieved through the study, prevention, screening, evaluation and treatment of people with illnesses, injuries or disabilities.

**AL-C\*A\*R\*E\* Home Care Partners**  
Alzheimer’s Disease Program  
1234 Massachusetts Avenue, N.W.  
West Building, Washington, D.C. 20005  
202-638-2382, Fax: 202-638-3169

**D.C. Caregivers’ Institute**  
1234 Massachusetts Avenue, N.W.  
Suite C 1002, Washington, D.C. 20005  
202-464-1513

**Family & Child Services of Washington, D.C., Inc.**  
Alzheimer’s Weekend Socialization and Respite Program  
Model Cities Senior Center  
1901 Evarts Street, N.E.  
Washington, D.C. 20018  
202-635-1900

**Family & Child Services of Washington, D.C., Inc.**  
Heavy Housekeeping Services  
929 L Street, N.W., Washington, D.C. 20001  
202-289-1510, ext. 180

**Home Care Partners**  
1234 Massachusetts Avenue, N.W. Room 1015  
Washington, D.C. 20005  
202-638-2382, Fax: 202-638-3169

**UPO/Project KEEN Comprehensive  
Senior Services**  
Upper Room Baptist Church  
60 Burns Place, N.E., Washington, D.C. 20019  
202-388-4280

**UDC — Institute of Gerontology**  
Senior Companion/Respite Care Program  
4340 Connecticut Avenue, N.W.  
Building 52, Second Floor  
Washington, D.C. 20009  
202-274-6697 Fax: 202-274-6605

**SOME, Inc. (So Others Might Eat)**  
Southeast Caregivers Program  
4609 Benning Road, S.E.  
Washington, D.C. 20019  
202-581-8000 Fax: 202-581-5749

**D.C. Parks and Recreation**  
Project SCORE United Generations Camp  
(one week in the summer)  
4301 Connecticut Ave, N.W.

Washington, D.C. 20008  
202-282-0754

**Home-Delivered Meals**  
This program prepares and delivers hot meals to elderly and disabled individuals who are unable to shop for and/or prepare the food themselves, or travel to a site where a meal is being served. This service is also available on weekends.  
All meals contain 1/3 the recommended daily allowance of nutrients. Six Lead Agencies serve as coordinators for their respective service areas:

**Barney Neighborhood House Senior Program**  
504 Kennedy Street, N.W.  
Washington, D.C. 20011  
Service Area: Wards 1 and 4  
202-939-9020

**IONA Senior Services**  
4125 Albemarle Street, N.W.  
Washington, D.C. 20016  
Service Area: Ward 3 West of Rock Creek Park, Foggy Bottom, Dupont Circle areas  
202-966-1055

**Greater Washington Urban League Aging Division**  
2900 Newton Street, N.E., First Floor  
Washington, D.C. 20018  
Service Area: Wards 2 (*Downtown & Shaw Areas*) and 5  
202-529-8701

**UPO Senior Services**  
1508 East Capitol Street, N.E.  
Washington, D.C. 20002  
Service Area: Ward 6  
202-547-0569

**UPO/Project KEEN Comprehensive Senior Services**  
4025 Minnesota Ave., N.E.  
Washington, D.C. 20019  
Service Area: Ward 7 (*excluding Kingman Park*)  
202-388-4280

**Senior Citizens Counseling & Delivery Service**  
2451 Good Hope Road, S.E.  
Washington, D.C. 20020  
Service Area: Ward 8  
202-678-2800